AMENDMENTS TO THE CLAIMS:

Claims 1-15 (Cancelled)

16. (Original) A method for using disposable outerwear in a sports or athletic endurance event having a defined route comprising the steps of:

distributing the outerwear to a plurality of activity participants;

providing a plurality of containers along the event route for retaining the outerwear and/or parts thereof as it is discarded by the participants;

collecting the discarded outerwear and/or parts thereof; and recycling the discarded outerwear and/or parts thereof.

- (Original) The method of claim 16 wherein during the distributing step, the participants incur a minimal charge for the outerwear.
- 18. (Original) The method of claim 16 wherein during the distributing step, the participants receive the outerwear free of charge.
- (Original) The method of claim 16 wherein the recycling step comprises recycling the discarded outerwear and/or parts thereof into disposable outerwear.
- (Original) The method of claim 16 comprising the step of marking the outerwear with a logo, design, or other indicia.
 - 21. (Cancelled)

22. (Previously Presented) A method for using disposable outerwear in a sports or athletic activity, the method comprising:

providing the outerwear to an activity participant, the outer wear including a plurality of perforations disposed thereon for facilitating quick removal and the outerwear being made of a material that is lightweight, strong, vapor-permeable, water resistant, puncture resistant and abrasion resistant:

positioning the outerwear on a the activity participant;

participating in the activity with the outerwear on the activity participant; removing at least a portion of the outerwear from the activity participant during

the activity by tearing the outerwear along the perforations; and

disposing of the at least a portion of the outerwear removed from the activity participant.

- 23. (Previously Presented) The method of claim 22 wherein providing the outerwear includes providing the outerwear that is made of a material including fine, continuous fibers of 100% high-density polyethylene that are randomly distributed and nondirectional.
- (Previously Presented) The method of claim 22 wherein providing the outer wear further includes providing outerwear including
 - a jacket having an upper body portion with head and waist openings, and arm portions with hand openings,
- pants having a groin portion with a waist opening, and leg portions with feet openings;

wherein the perforations are disposed on at least one of the jacket and pants.

- (Previously Presented) The method of claim 24 wherein the perforations are disposed on the pants.
- 26. (Previously Presented) The method of claim 24 wherein the perforations are disposed on the jacket.

- 27. (Previously Presented) The method of claim 24 wherein the perforations are disposed on both the jacket and the pants.
- 28. (Previously Presented) The method of claim 24 wherein providing the outerwear further includes providing outerwear including elastic members proximate the openings to prevent unwanted airflow and moisture from entering the openings.
- (Previously Presented) The method of claim 22 further comprising recycling the outerwear after participating in the activity.
- (Previously Presented) The method of claim 29 wherein recycling further includes recycling the disposed of outerwear into outerwear useable again by a participant.
- 31. (Previously Presented) The method of claim 22 wherein removing further includes removing the at least a portion of the outerwear without having to stop participating in the activity.